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

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# #Itsmymove Podcast episode 2 - Ella Williams 'The importance of having fun and how to claim your movement'

Theme:  
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 #Itsmymove Podcast episode 2 - Ella Williams 'The importance of having fun and how to claim your movement'

[Rachel Howells](#)

Co-authored by Sport NZ, Bel Crawford

 Sport New Zealand

**We're sharing conversations with inspiring women to help girls feel confident and empowered to move their way You're in for a motivating and amusing chat with surfing world champion @ellaoliviawilliams We find out how Ella went from growing up in a beach town to competing at the 2020 Tokyo Olympics, the importance of having fun and how to claim your movement like Ella confidently does.**

## Related Links

-  <https://open.spotify.com/episode/7kCKdX38iLoCsPiqE7u9Qi>



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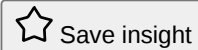
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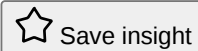


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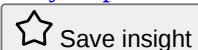
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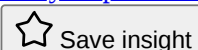
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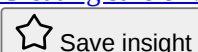


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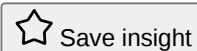
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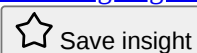
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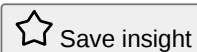


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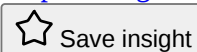
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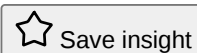
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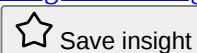


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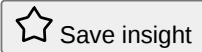


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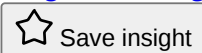


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